

	MONDAY 7/1/19	TUESDAY 8/1/19	WEDNESDAY 9/1/19	THURSDAY 10/1/19	FRIDAY 11/1/19	SATURDAY 12/1/19	SUNDAY 13/1/19
6:00am	BODYPUMP 45 VIRTUAL CYCLE	BODYATTACK 45 PILATES REF	RPM 45	PILATES REF	BODYPUMP 45		
6:15am		VIRTUAL CYCLE	BOOTCAMP		VIRTUAL CYCLE		
8:30am	VIRTUAL CYCLE PILATES REF		VIRTUAL CYCLE	ACTIVE ADULTS	VIRTUAL CYCLE	BODYPUMP BOOTCAMP PILATES REF	SPIN PILATES REF
9:00am		VIRTUAL CYCLE		VIRTUAL CYCLE BODYPUMP	BODYBALANCE		
9:15am			BODYBALANCE				
9:30am	BARRE ACTIVE ADULTS PILATES REF	PILATES REF BODYPUMP	PILATES REF WORKOUT WARRIOR	PILATES REF	BOXING	RPM PILATES REF YOGA YIN	PILATES REF
10:00am					ZUMBA		YOGA - VINYASA BODYATTACK
10:15am			ZUMBA				
10:30am	VIRTUAL CYCLE	YOGA - YIN	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF VIRTUAL CYCLE		
11:00am						VIRTUAL CYCLE	VIRTUAL CYCLE
12:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE		VIRTUAL CYCLE		
1:00pm		VIRTUAL CYCLE		VIRTUAL CYCLE			
4:30pm						VIRTUAL CYCLE	VIRTUAL CYCLE
5:45pm	BODYPUMP	PILATES REF BOXING	VIRTUAL CYCLE PUMP EXP	BODYATTACK 45 PILATES REF			
6:00pm	SPARTAN STRENGTH	SPIN EXP					
6:15pm	YOGA - HOT	YOGA - HATHA	CXWORX TRX	YOGA - HOT			
6:30pm	PILATES REF	WORKOUT WARRIOR	PILATES REF	BODYPUMP BOOTCAMP	VIRTUAL CYCLE		
7:00pm	BOXING	PILATES REF	BARRE	PILATES REF VIRTUAL CYCLE			
7:30pm	PILATES REF VIRTUAL CYCLE	VIRTUAL CYCLE					

PLEASE NOTE: Please arrive 5 minutes before class begins. For safety, no entry after warm up.

*Subject to change on availability. For the most up to date class times and instructors, please visit www.southpacifichc.com.au.

South Pacific Health Clubs Mentone
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